

When you should restrict your movements

Restrict your movements for 14 days if you:

- are a [close contact](#) of a confirmed case of COVID-19
- live with someone who has [symptoms of COVID-19](#), but you feel well
- arrive in Ireland from another country, unless you're coming from a [green region](#) or Northern Ireland

How to restrict your movements

Restricting your movements means avoiding contact with other people and social situations as much as possible.

Don't

- Do not go to work, unless you work on your own and can completely avoid other people. If you are an essential worker and do not have any symptoms, talk to your employer.
- Do not go to school or college.
- Do not use public transport.
- Do not have visitors at your home.
- Do not visit others, even if you usually care for them.
- Do not go to the shops or pharmacy unless it's absolutely necessary - where possible, order your groceries online or have some family or friends drop them off.
- Do not go to gatherings such as weddings or funerals - [read more about bereavement and grief during COVID-19](#)
- Do not meet face-to-face with older people, anyone with a long-term medical condition or pregnant women.